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# homemakers chat

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U. S. DEPARTMENT  
OF AGRICULTURE

(RELEASE ON RECEIPT)

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Apr 3 HHV  
SUBJECT: "Preserve With A Purpose" - information from canning specialists of the U. S. Department of Agriculture.

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"Plant with a plan...preserve with a purpose!"

Has your household adopted this popular slogan for '45?

Then you'll be interested in these suggestions from canning specialists of the U. S. Department of Agriculture.

Begin...say the canning specialists...by estimating the number of jars of fruits...vegetables...and meat...your family will need. Then set that number as your canning goal.

A guide...many smart home canners use...is the length of the growing season. During that time...the homemaker counts on getting fresh things from the garden. Then she cans for the period when so many fresh fruits and vegetables are not available. Say the length of the growing season is thirty weeks...(that's the average for most parts of the country)...then the period when you'd be depending more on canned foods would be 22 weeks long.

You'll take special family likes and dislikes into consideration. For example ...if tomato juice is a favorite in your household...your goal for tomato juice will be high.

Another guide to setting up a canning goal is variety. In fact...a canning plan at the beginning of the season is wonderful help in getting a variety...in avoiding overstocks of some fruits and vegetables.

And something else...you'll want to keep in mind...as you make your canning plan...is the amount of foods you'll conserve in other ways...by freezing...by drying...brining...or storage.

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